



Qazvin University of Medical Science and Health Services

Faculty of Nursing & Midwifery

Thesis Submitted to achieve the Msc Degree in Nursing

**Title:**

Evaluation of Spirituality Health Program Effect on  
Elders Cognitive-Emotion Regulation in Daily Centers

**In shahrekord**

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## Abstract

**Introduction:** Ageing is one of the important stages in human life evolution. In this stage the latest human growth process takes place. In this condition with getting away from the society, elders will disappoint about the social support, kindness and desired attention, moreover aggregation of negative experience will causes the elders get into cognitive emotion regulation crisis. Based on literatures the spiritual health is an acceptable strategy in coping with mental and physical health crisis. Therefore the aim of this study is an evaluation of the elders spirituality wellbeing program's effect on cognitive emotion regulation in Shahrkord retirement daily centers.

**Method:** This study was a clinical trial type, that 102 elder from two Shahrkord daily centers participated with available sampling method during December to March 2017. samples allocated to tow group; control without any program and case with the spiritual health program. Researcher before and one month after the intervention program on 2 groups completed cognitive emotion regulation questionnaire. The spiritual health program consists of eight sessions (that is contain of the effect of Quran reading, religious mentions, praying, hope in Islam, optimism, aim of life and sharing their experience) that was presented to case group by expert psychologist and mullah. Data were analyzed with SPSS16 with using of descriptive and analytical statistics such as t test, Chi Square and Fisher tests.

**Results:** Total score of test, in before of intervention it was  $82.53 \pm 13.78$  and after of intervention was  $78.65 \pm 12.51$ . For control group these measures were  $79.75 \pm 9.05$  and  $77.47 \pm 9.28$  respectively. The highest difference between before and after of intervention in case group was related to *restated positive assessment* scale, and was equal to  $2.66 \pm 0.28$ . Significance level for different between case and control group score after of intervention was 0.000 and for case group in before and after of intervention was 0.000.

**Conclusion:** Based on results, comprehensive spirituality wellbeing program are able to change the elders views in coping with ageing crisis and amplified the self-regulation capability, subsequently spirituality health program can use as a successful program in mental health betterment and it can be put in the nursing services.

**Key Word:** elderly, cognitive emotion regulation, spirituality health